

## Farmers Market Fresh

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### Broccoli Cauliflower Salad

*Ingredients:*

Serves 6-8

- 1/2 head fresh cauliflower
- 1 bunch fresh broccoli
- 1/2 cup chopped onion
- 1 cup reduced fat mayonnaise
- 1 1/2 tablespoon vinegar
- 1/4 cup sugar
- 1/4 cup sunflower seeds
- 1/2 cup raisins



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating.  
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## Directions:

1. Wash broccoli and cauliflower.
2. Cut veggies into bite sized pieces.
3. Combine mayonnaise, vinegar and sugar in a small bowl.
4. Mix mayonnaise mixture, seeds, raisins and onions with broccoli and cauliflower in large bowl.

**\*Variation:** Crisp cooked, crumbled bacon, black olives, and/or cheese may be added. Sunflower seeds and raisins may be omitted.

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